



VICTORY TIMES



Vol. II, Issue 63

Telling the Multi-National Corps - Iraq story

August 25, 2008

***Dust storms,
See Pages 4-5***

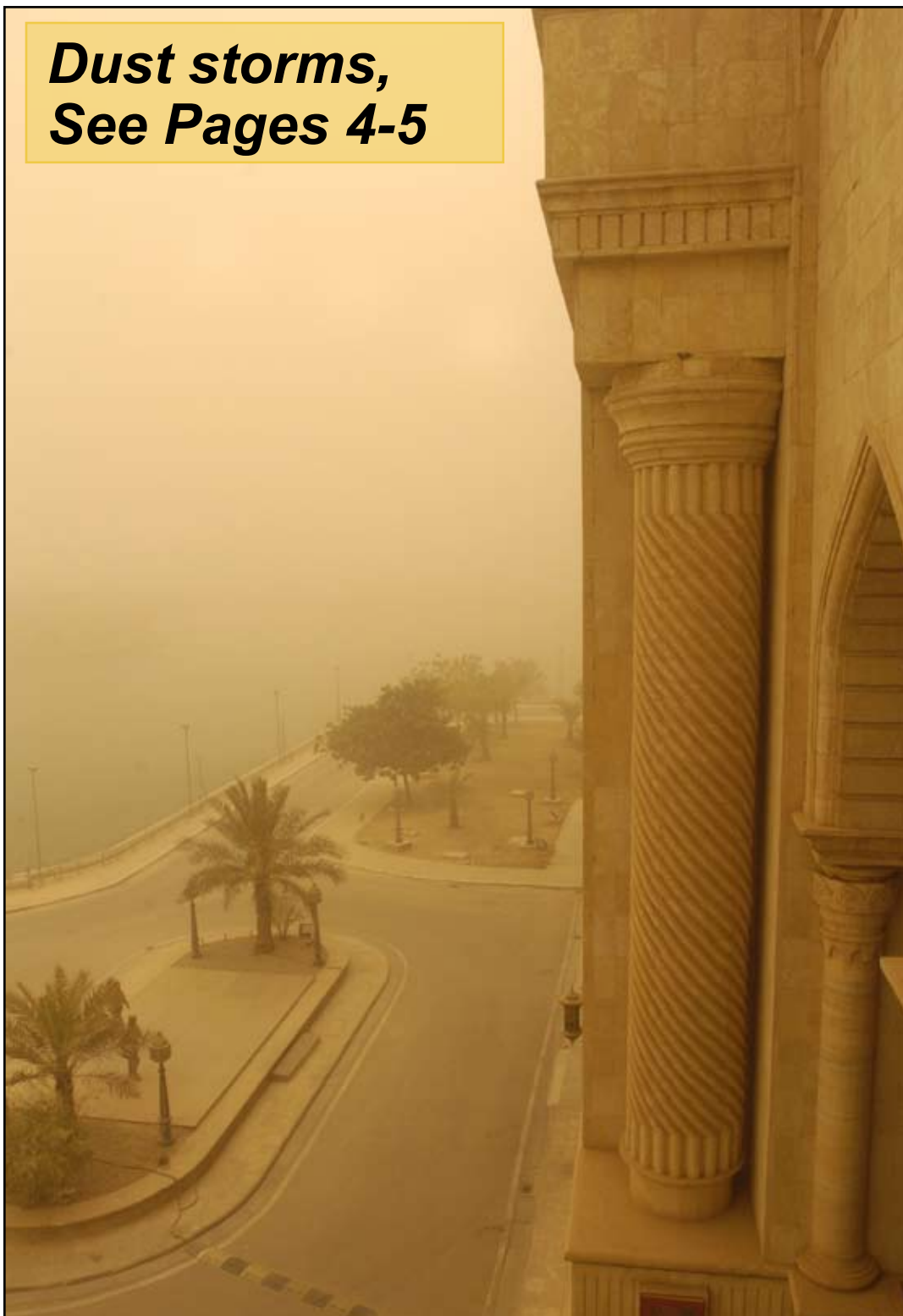


Photo by Staff Sgt. Jeremy D. Crisp

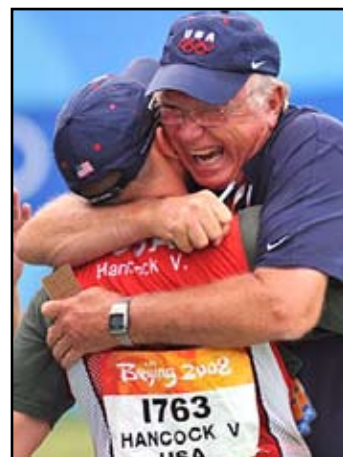
A dust storm envelopes Baghdad, July 27, as seen from the second floor of the Al-Faw Palace at Camp Victory. Dust storms are more prevalent in the area than in years past due to less-than-normal precipitation during Iraq's 2007/2008 wet season, which occurs during the fall and winter months.



**Change of command,
Page 3**



**Back injuries,
Page 6**



**Army Olympian,
Page 8**

Victory Voices : *What current event back home intrigues you most*



"The price of gas."

Spc. Anthony Thornton,
Food Specialist with 11th
Signal Brigade



"Stuff about military and politics."

Lt. Rimas Breimelis, In-
dividual Augmentee with
Multi-National Division
– Southeast.



*"Nothing, I'm inter-
ested in what is going
on here."*

Petty Officer 1st Class
Alicia Bower, personnel
specialist with Task Force
134.



*"The Presidential debate
and what is going to hap-
pen next."*

Staff Sgt. Jennifer Co-
burn, Multi-National
Corps – Iraq chaplain
assistant.

Chaplain's Corner

Pull the weed of bitterness out by the roots

By Chaplain Pat Opp

11th Psychological Operations

Every year billions of dollars are spent worldwide on gifts to express love and appreciation. Yet, over time gifts disappear as cards get lost, candies eaten, clothing worn, and jewelry faded. Yet, there's one gift that displays the greatest level of love and it's free, never gets worn-out and is always welcome. It's called forgiveness!

Many marriages, workplaces,

families and countries would receive long-awaited healing if people would choose to forgive the wrongs and hurtful things that are said and done. However, the worst hurt of all is to hold onto them. Being unforgiving bitters the soul and beats up the body. Today, many suffer with heart conditions, mental issues, acid reflux, and stress complexes. Bitterness destroys from the inside out. Someone has said, "Bitterness is the only acid that its container wasn't meant to hold." It's true!

The Bible has a lot to say about forgiveness and bitterness. They are polar opposites. The Apostle Paul knew both of these intimately as he wrote a letter to the church in Ephesus to remind them of the amazing power that is in forgiveness. He writes, "Get rid of all bitterness, rage, anger, harsh words and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven

See CHAPLAIN, Page 3



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The Victory Times welcomes columns, commentaries, articles and letters from our readers. Send submissions or comments to joy.pariante@iraq.centcom.mil. The editorial staff reserves the right to edit for security, accuracy, propriety, policy, clarity and space.



Joint squadron changes command on Camp Victory

**Story and photo by
Pfc. Eric J. Martinez**

13th Public Affairs Detachment

Joint Crew Composite Squadron 1 held a change of command ceremony Tuesday that highlighted the accomplishments of the unit under the command of Navy Capt. David B. Woods, outgoing commander, JCCS-1.

"Today's military fights more jointly than ever before," said Brig. Gen. Michael Ferriter, Multi-National Corps-Iraq deputy commanding general operations. "JCCS-1 is probably the most joint organization we have in this Corps."

JCCS-1's mission is to counter all radio operated improvised ex-

plosive devices in the theater of operations. Radio IED attacks have dropped from 600 a month to 60 since the unit has been operating.

"No other single military organization has had such an impact on saving lives as this one," Ferriter said.

The unit is comprised of 620 airmen, sailors, soldiers and civilians and operates on 61 forward operating bases.

"Seventeen years ago when I flew my first missions over Iraq, I never thought that I would be standing here turning over a command," Woods said. "Things have become significantly safer since I've been in Iraq, but there is still a job to do and I'm leaving it in good hands."



CHAPLAIN from, Page 2



To "get rid" of the weed of bitterness you have to dig and make a cultivated effort with love and determination.

you" (Ephesians 4:31-32). It's a choice.

Years ago in England, I had to take care of my lawn to get my deposit back. Dandelions overcame my yard and were choking-out the grass. It looked bad. I made the choice to "get rid" of them so I mowed, watered and fertilized regularly. Yet the most important thing I did was dig-up each dandelion by its roots. When it came time to move, my landlord gave me back my whole deposit and complimented me on how great the lawn looked. The decision to "get rid" of the dandelions had paid-off.

The same can be said with the weed of bitterness. One must make the choice to uproot it by digging. It will take a cultivated

effort of love and determination, but it can be done. The ugly alternative is to let the root of bitterness alone and it will grow and produce the weeds of rage, anger, harsh words and slander as well as all types of evil behavior. The end result is a life closely resembling a lawn overcome with weeds.

So how does your lawn look? Why not do yourself a favor and make the choice to "get rid" of all weeds and you will have a life that resembles a beautiful lawn. Oh how our LANDLORD wants us to receive His forgiveness and blessings in our lives. When we do, we'll have stronger relationships, improved health and a better you. Why I can't think of a better gift to show your love than forgiveness...the gift we give ourselves.

Dust storms cast haze over

**Story and photo by
Staff Sgt. Jeremy D. Crisp**

MNC-I PAO

It gets in the hair, eyes and even the lungs. It piles up quickly on everything in sight, and it can even have an effect on day-to-day operations.

The 'it,' is dust, and Iraq is its breeding ground. When conditions are right, or wrong, that dust can become the monster that is known as the dust storm.

The dust that comprises a dust storm comes from what is known as dust source regions, which are abundant in Iraq. Dried lake beds or wetlands and the deserts in and around Iraq all play home to large amounts of dust. When the winds pick up, particularly above 15 knots (17.3 miles per hour), the dust gets picked up with it. If that wind speed sustains itself for a considerable amount of time, the dust storm is born, said Air Force Lt. Col. Jeffery M. Cox, a native of Piqua, Ohio, and chief of the Multi-National Corps – Iraq staff weather office.

"We have lots of fine dust that gets picked up by the winds here," Cox said, "and since it is so fine, it takes a while to settle down."

The SWO defines a dust storm as: "When visibility is less than 1000 meters, or 5/8 of a mile," Cox said.

And the dust storms have been happening a lot lately. Cox said there have been 18 days in May and June where dust storm conditions were experienced.

"That's about three times more than normal," he added.

The reason it has been happening more often than in previous years is due to an extreme drought – stemming from a very dry winter, also known as Iraq's wet season.

"In the winter, there is a wet season where we get several inches of rain in November, December and January," said Cox, a veteran of 19-plus years in the meteorology field. "What has happened this last fall is a very late start to the wet season. The first couple of months; October, November and December, we typically get a couple inches of rain each month. We didn't get hardly any rain in October and November."

Iraq averages four inches of annual rainfall in the western and southern desert regions, and up to 40 inches of rain in the mountains of the northwest, according to www.globalsecurity.org.

Only a portion of that average occurred this past wet season.

"We actually received approximately 60 percent of the normal precipitation this winter," Cox said.

That means there are more dust storms this year because the drought has created "less vegetation to hold the ground together, so there is more dust, and there are more dried lake beds - which are great dust source regions because of the real fine silt," Cox said.

Once a dust storm gets brewing, it can last several days, Cox said, with less dust at night. And the height and breadth of a dust storm can be staggering.



A guard tower at Camp Victory, Iraq, emplacement area during the May/June 2008 timeframe, r

On average a dust storm stays at 5,000 feet or less.

Recently, though, Cox said there was a dust storm in Northern Iraq which was up in the air at 18,000 feet.

"I've seen dust plumes big enough to cover the width of Iraq," he said. "Many times two-thirds of the country is covered by a major dust storm. That's not usual, but it can be huge."

And the dust that lingers in such storms can take a toll, both on equipment and human activity.

When it comes to equipment: "The more sophisticated an electrical system is, the more dust affects it," according to the United States' National Oceanic & Atmospheric

Iraq, Victory Base Complex



ed during Saddam Hussein's era, now sits a silent vigil in another of Iraq's dust storms July 27. Eighteen dust storms occurred in the Baghdad roughly three times the amount for that same time period in years past.

Administration. "Dust compacts easily, solidifies with little added moisture and combines with lubricants – often resulting in clogged and/or jammed equipment and machinery. Dust and sand storms also set up electrostatic discharges that, while not typically fatal, can have negative consequences in fueling operations, computer or electrical systems."

As to the human element, medical personnel at the MNC-I surgeons office say the long-term risk from breathing dust in Iraq is thought to be low, however, they caution against performing strenuous activities when a dust storm is astir.

A medical safety alert posted in July from the surgeon's office states:

"You can't breathe dirt. During exercise you breathe many times the volume of air (and dust) as when you are at rest. Your lungs have a natural process for expelling the fine particles that are inhaled, but until you get rid of the dust, your lung capacity is reduced."

While the less-than-healthy dust storms have a way of clogging lungs and machinery; they don't just sneak up on troops in order to do so.

"We do a pretty good job of predicting when dust storms are going to happen," Cox said.

Making sure troops know when dust is on its way are the 137 weather servicemembers in country. This includes two Polish meteorologists,

four British, with the rest being U.S. servicemembers scattered around the country in 24 locations. Their main job during the summer is to predict dust storms, Cox said.

Once a dust storm is here though, it is closely monitored. The surgeon's office has preventive medicine personnel that test air quality and Soldiers exposed to extreme dust in order to monitor health effects.

And after it is gone, there will be people waiting for it to come once more. For the monster that is the Iraqi dust storm will be sure to rise again, but it can come and go knowing the staff weather and surgeons office at MNC-I will be monitoring its every move, and side effect.

Get to know an Airman...

Interview and photo by
Marine Cpl.
Frances L. Goch
MNC-I PAO

Seniour Airman
Ryan Wright

Unit: MNF-I SCJS
Job title: Information
Management Officer
Age: 27

Time in Service: 8 years

Family: "Three dogs:
Zoey, Koda and Milo."

Hobbies: "Playing
and watching sports

and doing puzzles."

**Person you most
admire:** "My great
grandfather."

Why you joined: "To
help pay for college."

**If you weren't in the
military you would be:**
"Working at a crummy
job from 9 to 5."

**One thing you'd change
about the Air Force:**
"The PT uniforms."

**Describe your job
in one word:** "A
humbling experience."

**Unusual fact about
you:** "I am obsessed

with the Simpsons."

**Something you wish
everyone would do:**
"Calm down."

Words of wisdom:
"Sometimes it's just
better not to know."

Goals: "Go to
culinary school."

**Best thing about being
deployed:** "Meeting
new people."

**Best Boot Camp
memory:** "Graduating."



Remember to watch your back



By Jesse Martin
Corps Safety Office

Back injuries are some of the worst type of occupational injuries you can have. Some, the pain and suffering can linger for weeks, months, years, and for a small percentage of people, it may last a lifetime..

The cause of back pain in about 90 percent of the cases; is strain or sprain of back muscles, ligaments or soft tissue. This can be caused by poor posture while awake or during sleep, lifting something too heavy or too carelessly or from experiencing trauma.

Some back pain cases are due to more serious conditions such as herniated or slipped disks in the bones of the spine. Many times you may not be aware the disk has even been damaged as this type of injury may take a while to manifest itself.

If your back is not allowed to heal properly after it has been stressed, damage may build up and result in a bulging or ruptured disk, creating a cumulative injury marked by chronic pain. Fortunately, back injuries can be prevented with proper body mechanics, posture, and physical conditioning, and adequate rest after injury.

Let's start with some basics. Proper sleeping posture is important to prevent and relieve back

pain. Do not sleep on your stomach. Instead, sleep on your side with a pillow between your knees or sleep on your back with a pillow under your knees. These actions help to alleviate undue pressure on your spine while you are at rest.

Secondly, poor awake posture typically involves bending ones head too far forward or not keeping your abdominal muscles tight. When standing, bend you knees and keep your spine angle in an upright position without slouching, rounding of the shoulders or overly accentuating the natural curves of the spine.

Set the example for others and make back injury prevention a top priority.

Announcements

Legal Services

Cooley Law School is offering service-members free legal consultations, via video-conference, with an attorney to answer questions regarding civilian legal matters. The first Wednesday of each month: 8-11 p.m. (Iraq time); Aug. 6, Sept. 3, Oct. 1, Nov. 5, Dec. 3, 2008. For more information contact Kathryn D. Hudacek, Director of Development, Freedom Calls Foundation at khudacek@freedomcalls.org, www.freedomcalls.org, (973) 290-7886

CISSP Exams offered

Posting of Certified Information System Security Professional (CISSP) Examination for interested military of civilian personnel. POC is Michael Kahler, 822-2003.

Story ideas for Victory Times

Do you know of a good story on Camp

Victory that you think should be covered for the Victory Times? Please submit your ideas to Staff. Sgt.. Joy Pariente at joy.pariente@iraq.centcom.mil. Please include any interesting facts about the topic and point of contact information.

R&R Briefings

Reunion and Suicide Intervention Briefings are at the Victory Chapel, Monday at 3 p.m., Wednesday at 9:30 a.m., Saturday at 3 p.m. All service-members who are going on leave or re-deploying must attend this briefing.

Toastmasters

Improve your public speaking skills while having fun with creative – goal oriented people. No speaking experience necessary. Capt. Armin Reyes 318-822-7627 Armin.reyes@iraq.centcom.mil.

The Corps Report

The "Corps Report" is a 15 minute monthly television newscast highlighting the stories and events happening in the Multi-National Corps-Iraq area of operations. The program airs Sunday at 8:15 pm and Monday at 11:15 a.m. on the Pentagon Channel here in Baghdad. The August edition of the newscast will feature stories on Hope Chapel at Camp Victory, Logistics Training Advisory Teams at Taji and the Guam Liberation Celebration Day at Camp Victory to name just a few. Be sure and catch the latest edition of "The Corps Report" and contact the broadcast team here at MNC-I if you have a story idea. (822-8719).

AFN Freedom Radio

Al Asad 107.3	Fallujah 105.1	Taji 107.3
Ali Base 107.3	Kirkuk 107.3	Tal Afar 107.3
Ar Ramadi... 107.3	Kirkush 107.3	Taqquadum.. 107.3
Baghdad 107.3	Mosul 105.1	Tikrit 100.1
Balad 107.3	Q-West 93.3	All stations are FM

Camp Victory Bible Studies

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Women's Bible Study 7 p.m. Bldg 24F; Gospel Protestant Bible Study 7 p.m. Hope Chapel	Women's Bible Study 7 p.m. Bldg 24F	Young Adult Bible Study 5:30 p.m. Hope Chapel	Men's Bible Study 7 p.m. Victory Chapel; Spanish Bible Study 7 p.m. Bldg 24F	Foundations Bible Study, Mini Chapel 6:30 p.m.	SeventhDay Adventist 10 a.m. Victory Chapel	Men of the Bible Study 5 p.m. MLB Room, Oasis DFAC

Do you have an announcement about an event of interest to the Camp Victory community? Contact Spc. Samuel J. Phillips at samuel.phillips1@iraq.centcom.mil with the information. Information for community announcements needs to be submitted at least two weeks prior to the event to allow for timely publication.

Operating Hours

Coalition Cafe
Breakfast 5:30 - 8:30 a.m.
Lunch 11:30 a.m. - 2 p.m.
Dinner 5 - 8 p.m.
Midnight Dining 11 p.m. - 1 a.m.
Sports Oasis
Breakfast 5:30 - 8:30 a.m.
Lunch 11:30 a.m. - 2 p.m.
Dinner 5 - 9 p.m.
Education Center
8 a.m. - midnight
Camp Liberty Post Exchange
8 a.m. - 10 p.m.
Fitness Center
Open 24 Hours
Victory Main Post Office
Monday-Sunday 7:30 a.m.-5:30 p.m.
Saturday 8 a.m.-5 p.m.
Sunday 9 a.m.-3 p.m.
MNC-I STB Mailroom
9 a.m. - noon
5 - 7 p.m.
Al Faw Palace Post Office
Wednesday and Sunday
1-6 p.m.
Golby Troop Medical Clinic
Sick Call
Monday - Friday 7:30 a.m. - noon
Saturday & Sunday 9 a.m. - noon
Dental Sick Call
Monday - Friday 7:30 - 10:30 a.m.
Saturday 9 - 10:30 a.m.
Mental Health Clinic
Monday - Friday 9 a.m. - 4 p.m.
Saturday 9 a.m. - noon
Post-Deployment Health Briefings
Monday, Wednesday and Friday 1 p.m.
Pharmacy
Monday - Friday 7:30 a.m. - noon;
1 - 4:30 p.m.
Saturday & Sunday 9 a.m. - noon
Legal Assistance/Claims
Saturday-Monday 9 a.m. - 5 p.m.

Worship Hours

Victory Chapel (Bldg. 31)
Thursday
7:30 p.m. Latter Day Saints Seminary
Saturday
11 a.m. Seventh Day Adventist Service
8 p.m. Catholic Mass
Sunday
7 a.m. Liturgical Protestant Service
2 p.m. Latter Day Saints Service
4 p.m. Episcopal/Lutheran Service
Mini Chapel (Bldg. 24F)
Tuesday
7:30 p.m. Latter Day Saints Service
Wednesday
7 p.m. Men's Fellowship
Tuesday, Thursday, Friday
11:30 p.m. Roman Catholic Mass
Friday
1 p.m. Muslim Prayer Service
6:30 p.m. Jewish Service
8 p.m. Women's Fellowship
Sunday
8 a.m. Eastern Orthodox Service
10 a.m. Protestant Sunday School
3 p.m. Church of Christ Service
7:30 p.m. Latter Day Saints Service
Hope Chapel (Bldg 24B)
Monday
12 p.m. Charismatic Prayer Meeting
Sunday
8:30 a.m. Collective Protestant Service
10 a.m. Roman Catholic Mass
12 p.m. Gospel Service
6:30 p.m. Contemporary Protestant Service
Warrior Chapel (Camp Liberty)
Friday
6:30 p.m. Victory Base Open Circle

Army marksman wins gold in skeet



U.S. Army Pfc. Vincent Hancock was nearly as hot as smoking shotgun shells last weekend on the Beijing Shooting Range, Aug. 16, 2008. Hancock set two Olympic records en route to winning the gold medal in men's skeet competition.

Story and photos by Tim Hipps

U.S. Army Family and MWR Command PAO

U.S. Army Marksmanship Unit shotgun shooter Pfc. Vincent Hancock set two Olympic records and prevailed in a four-target shoot-off against Norway's Tore Brovold to win the gold medal in men's skeet on the Beijing Shooting Range.

"Hooah," Hancock said after receiving sev-

eral congratulatory hugs from coaches and teammates after the Aug. 16 event. "This is the best feeling in the world. It's awesome."

Hancock, 19, of Eatonton, Ga., shot an Olympic record 121 of a possible 125 targets in five qualification rounds and took a one-target lead into the final.

During the final, Hancock missed his 20th shot and finished regulation tied at 145 with Brovold, who shot a perfect round to force the shoot-off.

"It made me more determined," Hancock said of missing the low target flying out of the sixth station. "Sometimes I need something to boost my determination to get to that next level, and that's what happened. I would have liked to have shot 25 and won the gold outright, but I couldn't have asked for a better shoot-off."

Brovold drew from a hat to determine who would shoot first in the extra session and aligned the stars for Hancock.

"I actually like going last," said Hancock, who got his wish. "I was hoping that he was going to draw first in the shoot-off. I like shooting second just so I can have the pressure on myself and not have to put the pressure on anybody else. I like to deal with the pressure, and this time it paid off."

Both of the co-world record-holders hit their first two targets in the extra session, but Brovold missed one of his next pair.

Hancock then stepped up and knocked down two targets to clinch the gold with a final score of 145 (+4). Brovold finished at 145 (+3) to win the silver medal.

"I was hoping that he wouldn't miss, because Tore and I are really good friends, but when it comes down to it, I'm glad I got the gold medal," Hancock said. "I wasn't expecting him to miss that soon. It just panned out for me. I saw the targets really well those two pairs, and I crushed them."

Hancock said he couldn't have asked "to shoot against a better shooter."

"He's right there among the best in the world. It was just which one of us had the better day today, and it turned out to be me," Hancock said.